



Therapeutic Resources During Pandemic: Tessa Jones '14 Behavioral Health Counselor

Articles	2
Podcasts	6
Ted Talks	7
Online Therapy	8
Self-Care & Activities for the Family	9
Misc.	11

Articles

Creativity in a Coronavirus World

Can everyday creativity be a small silver lining during the outbreak?

<https://www.psychologytoday.com/us/blog/and-all-jazz/202004/creativity-in-coronavirus-world>

Anxious about COVID? There's Only so much You can Control

If you are anxious please realize there is only so much you can control in life.

<https://www.psychologytoday.com/us/blog/almost-addicted/202004/anxious-about-covid-theres-only-so-much-you-can-control>

Too Much Togetherness?

Here's How to Keep the People You Are Cooped Up with from Getting on Your Nerves

<https://www.psychologytoday.com/us/blog/lasting-love/202004/too-much-togetherness>

How You Can Get Ready to Date During COVID 19 Pandemic

While you are staying home you can still practice dating post-divorce

<https://www.psychologytoday.com/us/blog/divorce-course/202004/how-you-can-get-ready-date-during-covid-19-pandemic>

Relationship Resilience During COVID-19 Confinement

This is an ideal time to learn breakthrough communication skills.

<https://www.psychologytoday.com/us/blog/shift-mind/202004/relationship-resilience-during-covid-19-confinement>

How History Can Help Us Understand and Cope with COVID-19

Throughout history, we have gotten many diseases from animals. Here are lessons:

<https://www.psychologytoday.com/us/blog/am-i-my-genes/202004/how-history-can-help-us-understand-and-cope-covid-19>

Strategies for Healthy Couples During Quarantine

Four Ways to Protect Your Relationship During the COVID-19 Crisis

<https://www.psychologytoday.com/us/blog/the-minds-boys-and-girls/202004/strategies-healthy-couples-during-quarantine>

Grounding a Coronavirus State of Mind

How to stop feeling frazzled and fragmented.

<https://www.psychologytoday.com/us/blog/having-sex-wanting-intimacy/202004/grounding-coronavirus-state-mind>

Why Watching Wildlife Programs Can Reduce COVID-19 Anxiety

Studies show how nature reduces fears right from your couch.

<https://www.psychologytoday.com/us/blog/the-right-mindset/202004/why-watching-wildlife-programs-can-reduce-covid-19-anxiety>

Coping in the Time of the Coronavirus

We will meet again.

<https://www.psychologytoday.com/us/blog/hope-and-empowerment/202004/coping-in-the-time-the-coronavirus>

Improving Boredom and Isolation With More Connection

A creative list for social engagement and purposeful activity during COVID-19

<https://www.psychologytoday.com/us/blog/the-now/202004/improving-boredom-and-isolation-more-connection>

A Psychological Survival Guide for the Pandemic

How to emerge intact and maybe even better in some way

<https://www.psychologytoday.com/us/blog/mood-swings/202004/psychological-survival-guide-the-pandemic>

The Benefits of Brain-Boosting Hobbies

More mental stimulation could promote brain health and reduce dementia risk.

<https://www.psychologytoday.com/us/blog/the-healthy-engaged-brain/202004/the-benefits-brain-boosting-hobbies>

The Blessings of a Crisis

It is surprising to see the words "blessing" and "crisis" in the same sentence.

<https://www.psychologytoday.com/us/blog/stronger-the-broken-places/202004/the-blessings-crisis>

I Signed Up for Online Therapy. Here's What I Discovered

As a therapist, I have to say online therapy wasn't exactly what I expected.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/202004/i-signed-online-therapy-heres-what-i-discovered>

56 Ways for Music to Help When Social Distancing

Music bind us together—and can assist in self-care.

<https://www.psychologytoday.com/us/blog/your-musical-self/202004/56-ways-music-help-when-social-distancing>

A Simple Science-Based Way to Shift Your Family's Mood

Research suggests that parents can use music to influence their family's mood.

<https://www.psychologytoday.com/us/blog/joyful-parenting/202004/simple-science-based-way-shift-your-familys-mood>

The Pandemic From a Meaning and Purpose Perspective

Part 2: Three early lessons about communicating about the pandemic.

<https://www.psychologytoday.com/us/blog/the-meaning-in-life/202004/the-pandemic-meaning-and-purpose-perspective>

3 Steps to Greater Peace of Mind During the Current Crisis

Powerful insights from research by psychologist Shauna Shapiro

<https://www.psychologytoday.com/us/blog/your-personal-renaissance/202004/3-steps-greater-peace-mind-during-the-current-crisis>

30 Ways the Pandemic Has Changed Us for the Better

The coronavirus has altered our behavior, and in a good way.

<https://www.psychologytoday.com/us/blog/future-trends/202004/30-ways-the-pandemic-has-changed-us-the-better>

Coronavirus Q&A from My Clients

Psychological and practical—but not medical—questions and my responses.

<https://www.psychologytoday.com/us/blog/how-do-life/202004/coronavirus-qa-my-clients>

Resilience in a Pandemic

Lessons on fighting the pandemic from military psychology.

<https://www.psychologytoday.com/us/blog/head-strong/202004/resilience-in-pandemic>

The Top 10 Stress Reducers in the Time of COVID-19

What are the steps you can take to calm your body and mind?

<https://www.psychologytoday.com/us/blog/inner-source/202004/the-top-10-stress-reducers-in-the-time-covid-19>

How to Cope With Uncertain Times

You can't change reality, but you can reframe it.

<https://www.psychologytoday.com/us/blog/the-adaptive-mind/202004/how-cope-uncertain-times>

2 Ways to Regulate Your Emotions When Stress Gets to You

Which strategies are the most effective at helping you manage your emotions?

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/202004/2-ways-regulate-your-emotions-when-stress-gets-you>

Lonely in Lockdown?

Here are three things to know about the loneliness epidemic.

<https://www.psychologytoday.com/us/blog/behavioral-health-matters/202004/lonely-in-lockdown>

Shared Trauma During a Pandemic

What happens when the patient and therapist both experience the same trauma?

<https://www.psychologytoday.com/us/blog/traumatized/202004/shared-trauma-during-pandemic>

7 Ways to Use the Current Crisis for Personal Growth

Although the pandemic is awful, some good may come from it.

<https://www.psychologytoday.com/us/blog/the-power-prime/202004/7-ways-use-the-current-crisis-personal-growth>

5 Ways to Help Kids Manage Anxiety During the Coronavirus Pandemic
<https://themighty.com/2020/03/anxious-kid-covid-19/>

Coronavirus Anxiety Has Skyrocketed, With 85% More Worried About Life
<https://themighty.com/2020/03/coronavirus-anxiety-statistics/>

Podcasts

Feeling Anxious or Worried? Listen to These 9 Podcasts

There are several fantastic podcasts that discuss anxiety and mental health.

<https://www.psychologytoday.com/us/blog/calmer-you/202004/feeling-anxious-or-worried-listen-these-9-podcasts>

- The Calmer You
- The Anxiety Guy
- The Overwhelmed Brain
- Selfie
- Oprah's SuperSoul Conversations
- The One You Feed
- Not Another Anxiety Show
- 10% Happier
- The Anxiety Coaches

14 Podcasts for Social Distancing: From Home Cooking to Homeschooling:

<https://time.com/5808881/podcasts-coronavirus-social-distancing/>

The Best Podcasts to Listen to with Your Kids During the COVID-19 Pandemic:

<http://www.centralpennparent.com/2020/the-best-podcasts-to-listen-to-with-your-kids-during-the-covid-19-pandemic/>

18 fascinating nonfiction podcasts (that aren't true crime)

Need a distraction? Try these podcasts that will take you away from coronavirus news and expand your knowledge of the world.

<https://www.vox.com/2020/4/8/21209948/podcast-recommendations-true-stories-history-productivity-culture>

Ted Talks

How to Create Meaningful Connections While Apart

https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart

How to be Your Best Self in Times of Crisis

https://www.ted.com/talks/susan_david_how_to_be_your_best_self_in_times_of_crisis

The Gift and Power of Emotional Courage

https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

You are Not Alone in Your Loneliness

https://www.ted.com/talks/jonny_sun_you_are_not_alone_in_your_loneliness

Everything Happens for a Reason – and Other Lies I’ve Loved

https://www.ted.com/talks/kate_bowler_everything_happens_for_a_reason_and_other_lies_i_ve_loved

What Investigating Neural Pathways Can Reveal About Mental Health

https://www.ted.com/talks/kay_m_tye_what_investigating_neural_pathways_can_reveal_about_mental_health

Online Therapy

Better Help

<https://www.betterhelp.com/>

Talk Space

www.talkspace.com

Self-Care & Activities

Self-Care During Quarantine:

<https://www.washjeff.edu/35-self-care-tips-for-thriving-together-during-self-quarantine/>

Exercise.
Meditate.
Check out online self-help tools like TAO Self-Help.
Call a Friend.
Take a shower or a bath.
Get dressed up.
Make art.
Play or listen to music.
Limit your time online.
Put down your phone. Seriously.
Give yourself a break from the news.
Find a new hobby.
Engage in an old hobby.
Write your feelings in a journal.
Write a letter to someone you care about.
Pour yourself a nice cup of tea.
Try a new recipe.
Cook an old favorite.
Read a good book.
Take some time to re-organize.
Hang out with your pet.
Watch something new.
Watch something funny.
Watch your favorite film or show.
Take a virtual museum tour.
Make a list of things you're grateful for.
Plan your next trip.
Learn a new skill.
Separate work from play.
Tell the people you love that you love them.
Change up your routine—don't get stuck in a rut.
Find a way to help others.
Spend time with family if you are together.
Remember you are not alone.

List of Hobbies to Try at Home:

<https://theeverygirl.com/hobbies-at-home/>

Learn calligraphy.

Work out online.

Learn how to cook.

Practice meditation.

Pick up needlework.

Learn an instrument.

Paint.

Learn Photoshop.

Social Distancing Activities for the Family:

Going on a Bear Hunt:

<https://www.news4jax.com/news/morning-show/2020/03/26/fun-social-distancing-idea-neighborhood-sets-up-bear-hunt-for-kids/>

6 Social Distancing Tips for Parents:

<https://www.childrens.com/health-wellness/6-social-distancing-tips-for-parents>

Sidewalk chalk positive quotes in the neighborhood.

Make cards for people in nursing homes and in the hospital.

Create a family FaceTime or Zoom session weekly.

Misc.

Word Games:

- Free daily crosswords here:
- <http://www.onlinecrosswords.net/printable-daily-crosswords.php>
- Generate your own crossword or word search
- https://mywordsearch.com/?gclid=CjwKCAjwssD0BRBIEiwA-JP5rCbJYwZuGqh6yZ_EtLbYwEAHP_K93eRgK_i4GZcEK1fceLwXzRVHAxoCzFgQAvD_BwE
- <http://crosswordtracker.com/clue/generate/>

Daily Blob Tree Check-In:

- See Below
- Have each family member identify which blob they are and why they feel that way each day
- <https://www.blobtree.com/>

Daily Feeling Check-In:

- See Below
- <https://beautyandtheborderline.wordpress.com/2013/02/08/mindfulness-awareness-of-emotion/>

Guided Meditation:

- Calm (Calm.com)
- Headspace (Headspace.com)
- YouTube (YouTube.com) (many free guided meditations)

Paint By Number

Puzzles

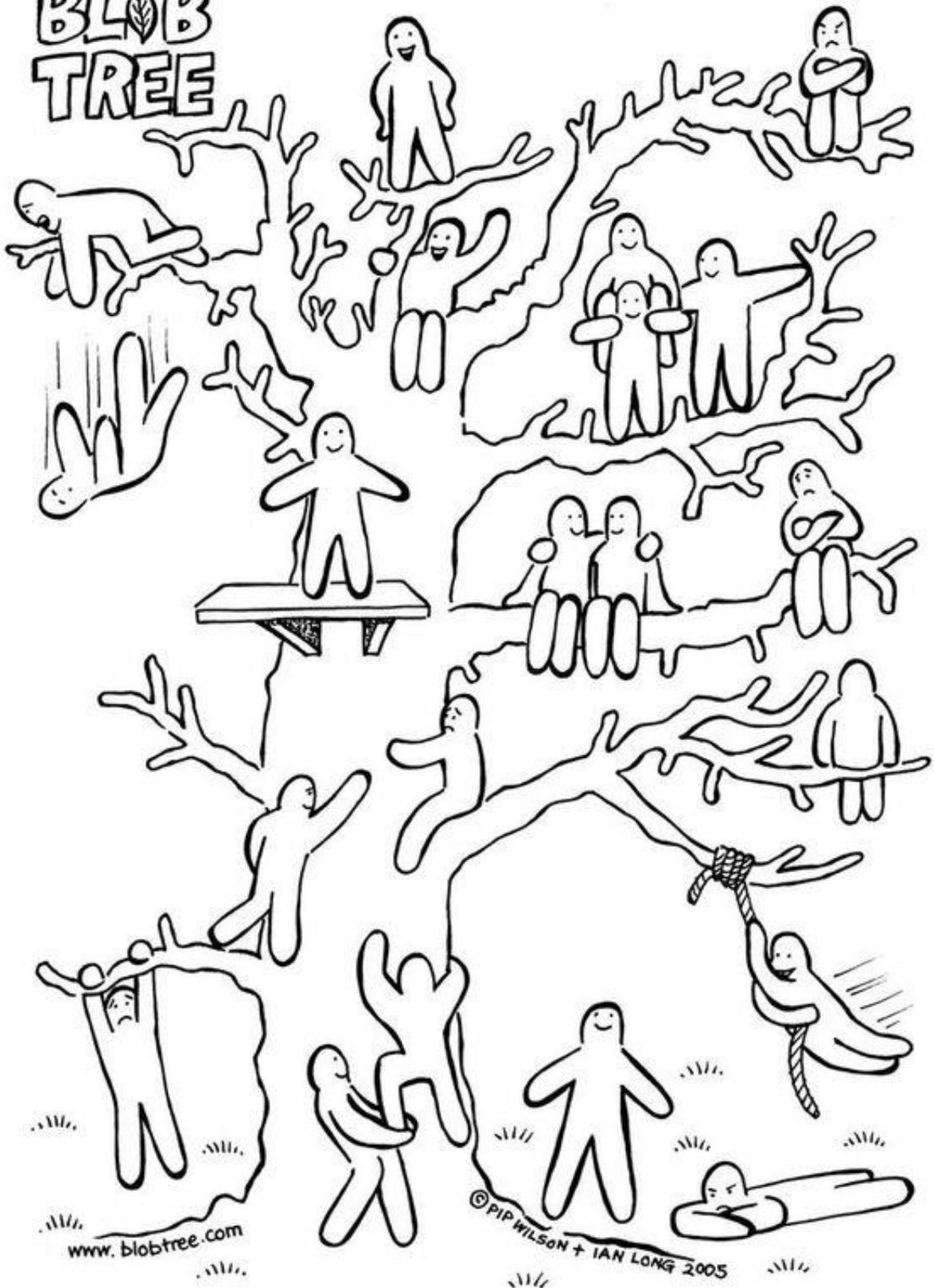
Daily Planning Routine:

- See Below:
- Map out your day ahead of time so that you can manage time and set appropriate goals

Educate Yourself About Anxiety + Many More Resources:

<https://www.therapistaid.com/tools/anxiety/none>

BLOB TREE



Are You AWARE of How You Are Feeling Now?



AGGRESSIVE



AGONIZED



ANXIOUS



APOLOGETIC



ARROGANT



BASHFUL



BLISSFUL



BORED



CAUTIOUS



COLD



CONCENTRATING



CONFIDENT



CURIOUS



DEMURE



DETERMINED



DISAPPOINTED



DISAPPROVING



DISBELIEVING



DISGUSTED



DISTASTEFUL



EAVESDROPPING



ECSTATIC



ENRAGED



ENVIOUS



EXASPERATED



EXHAUSTED



FRIGHTENED



FRUSTRATED



GRIEVING



GUILTY



HAPPY



HORRIFIED



HOT



HUNGOVER



HURT



HYSTERICAL



IDIOTIC



INDIFFERENT



INNOCENT



INTERESTED



JEALOUS



LOADED



LONELY



LOVESTRUCK



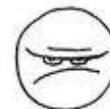
MEDITATIVE



MISCHIEVOUS



MISERABLE



NEGATIVE



OBSTINATE



OPTIMISTIC



PAINED



PARANOID



PERPLEXED



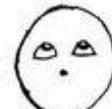
PRUDISH



PUZZLED



REGRETFUL



RELIEVED



SAD



SATISFIED



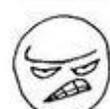
SHEEPISH



SHOCKED



SMUG



SURLY



SURPRISED



SUSPICIOUS



SYMPATHETIC



THOUGHTFUL



TURNED-ON



UNDECIDED



WITHDRAWN

Daily Planning

Goal of the Day:

Day and Date:



Time	Task	Notes
6:00 AM		
6:30 AM		
7:00 AM		
7:30 AM		
8:00 AM		
8:30 AM		
9:00 AM		
9:30 AM		
10:00 AM		
10:30 AM		
11:00 AM		
11:30 AM		
12:00 PM		
12:30 PM		
1:00 PM		
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM		
6:00 PM		
6:30 PM		
7:00 PM		
7:30 PM		
8:00 PM		
8:30 PM		
9:00 PM		
9:30 PM		
10:00 PM		
10:30 PM		
11:00 PM		
11:30 PM		